



YOU CAN make a difference in how your baby grows by taking good care of yourself.



GET CARE as soon as you think you are pregnant.

- Go to your health clinic or doctor as soon as you think you are pregnant.

- Get check-ups at least once a month or more often if your clinic or doctor says to.



EAT FOOD that is good for you.



EXERCISE every day.



DRINK PLENTY of water every day.



TAKE PRENATAL vitamins that include folic acid. It helps prevent birth defects.



GET PLENTY of rest every day.



SEE A DENTIST while you are pregnant. Make sure your teeth and mouth are healthy.



HAVE MORNING SICKNESS? Eat small healthy meals throughout the day.

LOWER the stress in your life.



DON'T DRINK alcohol, smoke or take drugs.



PLAN ON breastfeeding your baby.



PREGNANCY TIPS

YOUR HEALTHY PREGNANCY

Take these steps to give your baby a healthy start

WHERE to find help

Want to know more about low-cost or free prenatal care?

Call the AIM Program:
(800) 433-2611

Call BabyCal:
(800) 222-9999 or (800) BABY-999

Want to find out about eating healthy foods during your pregnancy and about breastfeeding?

Call Women, Infants and Children (WIC):
(888) 942-9675

Want to find out more about breastfeeding?

Call La Leche League:
(800) 525-3243

Trying to quit smoking?

Call California Smoker's Helpline:
(800) 662-8887 or (800) NO BUTTS

Need to find a dentist?

Call the California Dental Association:
(800) 232-7645 or (800) CDA-SMILE

Call the Denti-Cal Hotline:
(800) 322-6384